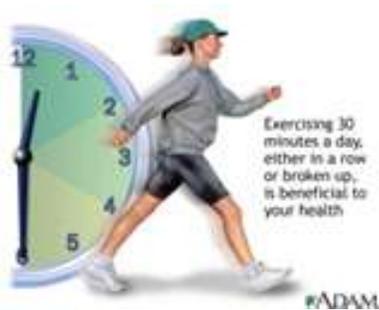


Are 15 Minute Walks Any Good?

Studies have shown that people who add more steps in throughout the day are less likely to be overweight, and they have a much reduced risk of killer diseases such as heart attack, stroke, cancer, type 2 diabetes, and more.



If you add 2,000 steps to your day -- about what a 15-minute walk adds -- you are greatly reducing your health risks and stopping additional weight gain.



The American Heart Association's exercise guideline for healthy adults recommends 30 minutes of moderately intense exercise, such as brisk walking, 5 days a week. But they also say that the 30 minutes can be broken up into 2 to 3 bouts of exercise of 10 to 15 minutes.

Enjoying your walks is the top priority!

If you find it difficult to set aside an hour a day for walking, work in some 15-minute walks.

The key to fitness is finding something you enjoy doing, rather than dreading or feeling like it is a stressful chore.



Once you have built the 15-minute walk habit, then look for a day or two a week you can do a longer walk.